



State of New Jersey
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Office of Recreation
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Recreation & Leisure Review

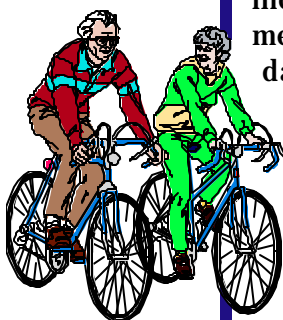


The Senior Circuit

For a wealth of information regarding such topics as Travel, Sports, Health and Wellness, Computers, and an Ask The Experts Column, check out www.bestseniorsite.com.

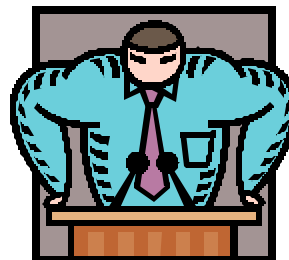
The Senior Shops website offers categories such as Feel Better, Move Better, Play Better, Relax Better and other "Betters." It offers over 450 innovative gifts and products for seniors. It can be found at www.seniorshops.com

There is a new cycling touring company based in Loudoun Heights, Virginia. It provides a complete catalog of Senior Cycling tours. A wide range of tours for bikers of all levels is available. They run from beginners through intermediate to advanced trips. All trips include a support vehicle, meals, overnight accommodations for longer trips, and the companionship of people who are seniors themselves. On the web: www.seniorcycling.com. The e-mail address is info@seniorcycling.com.



Call For Education Session Proposals

The annual Governor's Conference on Recreation for Individuals with Disabilities will be held on Thursday, May 16, 2002 at the Marriott Hotel, Forrestal Village, Princeton, NJ. The theme of the Conference is Juggling Life's Challenges. The proposal should include session title, description, and learning outcomes (necessary for CEU/PDU credits). Sessions will be 1 hour in length. Submission is to be sent to Patricia Swatz, Supervisor, Office of Recreation, New Jersey Department of Community Affairs, POB 806, Trenton, NJ 08625, no later than November 5, 2001.



2002 ROID Grantees

A total of 76 Recreational Opportunities for Individuals with Disabilities Awards were approved by Commissioner Jane Kenny for FY 2002. A wide variety of services will be provided in this round of funding.

Boroughs, cities, county programs, and townships from all 21 counties were represented in the award process: Atlantic, Bergen, Burlington, Cape May, Cumberland, Gloucester, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Salem, Sussex, Union and Warren Counties were award recipients. Boroughs, cities, and townships awarded grant monies include Bernardsville, Bloomfield Twp., Brick Twp., Cherry Hill, Clayton Borough, East Brunswick, Eatontown Borough, Edison Twp., Flemington Borough, Franklin Twp., Guttenberg, Hamilton Twp., Hanover Twp., Harrison Twp., Jackson Twp., Kearny Town, Livingston Twp., Lyndhurst, Marlboro Twp., Medford Twp., Montville Twp., Mount Laurel Twp., North Arlington Borough,

Continued on page 7.

Witan On The Web

www.acela.com

www.adventuresbymail.com

www.alysta.com/scrapbooking/

www.amtrak.com

www.bestseniorsite.com

www.bubbles.org

www.cfr.ncsu.edu

www.disAbility.gov

www.fdncenter.org

www.gamesystems.com

www.geocities.com

www.gracefulbee.com

www.puppeteers.org

www.puzz.com

www.searchengine.com

www.seniorshops.com

www.seniorsite.com

www.seniorcycling.com

www.shockwave.com

www.spas.about.com

www.thinkquest.org

www.tiddlywinks.org

www.usolympicteam.com

www.yahoo.com



Think Tank

ThinkQuest is a global network of students, teachers, parents and technologists dedicated to exploring youth-centered learning on the net. It is an online community where young people learn, teach, mentor, discover, research, and grow through ThinkQuest programs. It involves more than 100 nations who come together as digital learners, web creators, and new entrepreneurs. Through this site, young people work together in teams, use the Internet to research a topic, and publish their research as a web site for peers and classrooms around the world. Teachers, parents and other interested adults support the participating young people as coaches, technology mentors, and subject matter guides. They leave the hard work of defining the project, organizing the work, conducting the research and mastering the web technologies to the participating ThinkQuest team members. The site on the web is www.thinkquest.org.



The State University At Work And Play

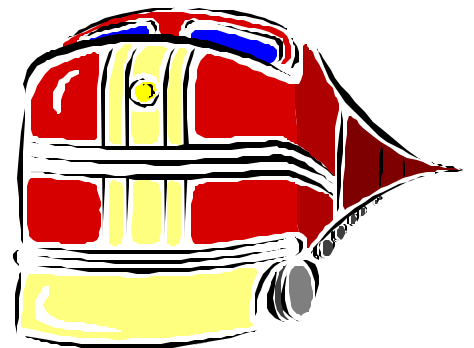
Rutgers University conducted a study regarding the Internet. It included telephone surveys, focus group input, and website analysis. The most popular areas for online services are as follows: Recreation 80%/62%; Education Services 73%/53%; Legislative Information 69%/61%; Motor Vehicles 62%/42%; Unemployment 61%/45%; and Pension Information 59%/39%. You will notice what was held as the highest area of interest. It was RECREATION. We, as recreators, have been aware of this for years. It is good to see it confirmed.

Riding The Rails

Amtrak ridership among people with disabilities increased nearly six percent during 2000. It offers consumers with disabilities a 15 percent discount on train travel. During 2000, approximately 184,000 people with disabilities took advantage of the discount fares to ride. This is an increase from 172,000 travelers in 1999.

According the advertisements for the Acela, (the new high speed train) its cars meet or exceed standards established by the Americans with Disabilities Act.

For additional information regarding discount for riders with disabilities, you can call Amtrak at (800) 872-7245, or access the websites at www.amtrak.com, or www.acela.com.



Just for the Fun of It

Discover the creative power of puppetry. Puppeteers of America, a national non-profit organization, founded in 1937, provides information, encourages performances, and builds a community of people who love puppet theatre. You can share the enchantment of puppetry with professional puppeteers, puppet builders, teachers, librarians, therapists, youth leaders, hobbyists and audience members who are enthusiastic about puppetry. Check out the information at www.puppeteers.org.

Bubble games can be fun. Perhaps it is too hot or too cold outside, or it's snowing, raining, or totally dark. Bubbles can chase the blues away! For questions, history, references, games, forums, links, and adventures, log onto www.bubbles.org.

Do you have lots of scraps of magazines, newspapers, and other media lying about in a disorganized manner? Welcome to CompanyLongName. This web site is intended to be a home for those of us who need to get our lives together in an organized way. Let's do a scrapbook! The site is a place to share ideas and inspiration, and bond with others who love to have scrapbook fun. Check it out at www.alysta.com/scrapbooking/. Also available on the web is the Graceful Bee, which buzzes with scrapbook ideas. Website is www.gracefulbee.com.

Want to have some good clean fun? There is a guide on the web that tells you how to make cold process soap. Blue Aspen Originals tells you how to swirl color

in soap, how to rebatch/handmill soap, and includes recipes, and definitions/faq's. Website is www.geocities.com. Click on soapmaking.

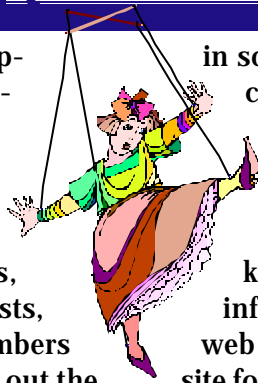
Check out Adventures by Mail, 100 Fuller Road, Albany, NY 12203. E-mail address is keith@adventuresbymail.com. There is much information about Role Playing Games. The web site is www.adventuresbymail.com. Another site for games is www.gamesystems.com. Here you can adventure among the Legends and Heroes of the Third Age of Middle-earth in the time frame of J.R.R. Tolkien's The Hobbit, and The Lord of the Rings genre.

GeoCities on Yahoo! has a wealth of hobbies from Beading to Woodworking. Go to www.yahoo.com, connect to GeoCities, click on hobbies and crafts.

Also on Yahoo/rec/games/computer, under categories, you will find games on Diplomacy, Electronic Soccer Leagues, and Role Playing.

Check out games like Tamale Loco, Rumble in the Desert and Sky Racer Impulse. On www.shockwave.com you can also create and send cards, access Amtrak's TrackMatch game, and do lots of fun things.

Most search engines have lots of sites for recreation/play/games, etc. An example is www.searchenginewatch.com. Click on Departments for search engine listings. You will have a choice of Major/Specialty/Metacrawlers/Regional/News, and Multimedia Search Engines.



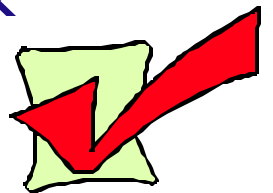
Take A Break!

There are several spas in New York that have facilities for, and offer spa treatments to people with disabilities. Check out the Equinox Spa, (212) 721-1100; Four Seasons Hotel Fitness Center, (212) 758-6700; and the W Hotel. (212) 755-1200. For additional information about spas in the New York City area, the Web site is <http://spas.about.com/cs/nyspasfordisabled/index.htm>.

Olympic Beat

The United States Olympic Committee has launched the Gold Medal Pass service. It is a new Internet-based program that enables fans to get free personalized information about the U.S. Olympic Movement. Gold Medal Pass, located at www.usolympicteam.com, allows fans to customize what information they receive and how they receive it, including information on the U.S. Olympic and Paralympic teams. Also included are Special Event Alerts, Sport Week-in-Review, Ask the Expert, Education Resources and Athlete Training Tips.

Check It Out



Recreation Resources Service is the first Parks and Recreation Technical Advisory Service on the Web. Housed at North Carolina State University, the service includes: Assistance with the establishment of new parks and recreation departments; Organization and training of new parks and recreation advisory boards; Benefits-based programming; Playground Safety; Job Service Bulletin; Grants; Workshops; Conceptual Park Designs; Special Studies and Other Resources. Web address is www.cfr.ncsu.edu.

Go For It!



Access SportAmerican offers a wide range of training and equipment to people with disabilities, and even holds special camps and sporting competitions throughout the year. Its credo is "Participant benefits are physical, mental and emotional – the sense of accomplishment is unparalleled. We believe anyone of any ability or disability can windsurf, row, kayak or water-ski." E-mail is info@winsurf.org.

Achievable Concepts manufactures special lines of motorcycles, beach wheelchairs, exercise hand cycles, recumbent tricycles, as well as fishing, gardening, and snow and water skiing equipment uniquely designed to fit the needs of individuals with disabilities. E-mail is sales@achievableconcepts.com.au.

Disabled Sports USA provides summer and winter programs for river rafting, camping out, water-skiing, kayaking, canoeing, jet skiing, sailing, and horseback riding for both young and old, and the physically and developmentally impaired alike. It's credo is "...sports and recreation programs are a vital part of the process in which individuals with disabilities gain self-confidence, mobility, and greater independence. Our programs promote education and socialization. ...They instill in the participants the knowledge that it's not their disabilities that count, it's their abilities." E-mail is dsusa@dsusafw.org.

Satisfaction lies in the effort,
not the attainment.
Full effort is full victory.
- Mahatma Gandhi

2 To 1 Animal Anagrams

An anagram is a word or phrase made from another by rearranging its letters.

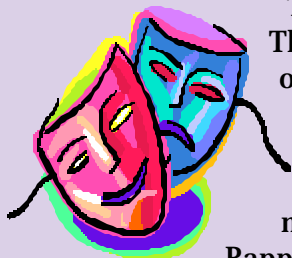
The following word pairs are anagrams that can be combined to form the name of an animal or insect. However, be careful. A few of the pairs include one extra letter just to make things more difficult. Regular anagrams are worth one point; anagrams with one extra letter are worth two points. Good luck!



1. lone tape _____
2. cot soup _____
3. bow mat _____
4. Atlanta run _____
5. boa luff _____
6. evil owner _____
7. moral dial _____
8. neat help _____
9. camel shone _____
10. log rail _____
11. bloat grail _____
12. stare blanket _____
13. port rap _____
14. lot cone _____
15. zeal gel _____

Answers on page 6.

State of the Art(S)



The Paper Mill Playhouse at the State Theatre, has a wealth of productions to offer for the 2001-2002 Season. The following is a list of sign-interpreted and open-captioned plays. Red Hot & Blue, by Cole Porter; The Glass Menagerie, by Tennessee Williams; I'm Not Rappaport, by Herb Gardner; The King & I, by Rodgers & Hammerstein; and My Fair Lady, by Lerner & Loewe. For more information, call (973) 379-3636 x 2666.

CDC At Your Service

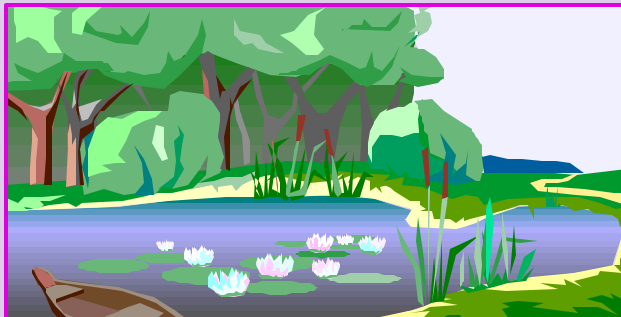


The following information comes from the Centers for Disease Control and Prevention (CDC), via the Surgeon General, regarding persons with disabilities. The Physical Activity and Health report has some key messages for us. Physical activity need not be strenuous to achieve health benefits. Significant health benefits can be obtained with a moderate amount, preferably daily. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as 30-40 minutes of wheeling oneself in a wheelchair), or in shorter sessions of more strenuous activities (such as 20 minutes of wheelchair basketball). Rules do not differ much whether a person does or does not have a disability. One should first consult a physician before beginning a program of physical activity to which they are unaccustomed. The facts are that people with disabilities are less likely to engage in regular moderate physical activity than people without disabilities, yet they have similar needs to promote their health and prevent unnecessary disease. It reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes. It can help people with chronic, disabling conditions improve their stamina and muscle strength. It can reduce symptoms of anxiety and depression, improve mood, and promote general feelings of well-being. It also helps control joint swelling and pain associated with arthritis, and it can help reduce blood pressure in some people with hypertension. For additional information, the Centers for Disease Control can be reached at www.cdc.gov. Click on the Prevention Guidelines.

Kids Corner

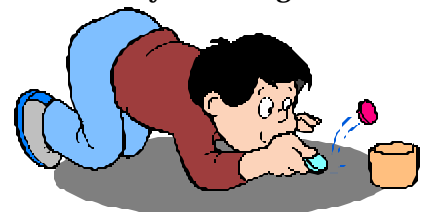
IMAGINE THAT!!! is a children's discovery museum with more than fifty hands-on activities. It also provides a space shuttle experience and a veterinarian pet center. Some of the favorites include a science discoveries room, gravity maze, dance studio, and the cockpit of a real Piper airplane. In the TV newsroom, kids can write, produce, and direct their own television news show. IMAGINE THAT!!! has two locations, East Hanover (973) 952-0222, and Middletown (732) 706-9000.

Flat Rock Brook Nature Center in Englewood is a 150-acre nature preserve with volcanic bedrock formations, cliffs, ponds, and meadows that are home to diverse plant and animal life. There are 3.2 miles of hiking trails, and small kids seem to enjoy the 800-foot Quarry Boardwalk in front of the center. The picnic area and trails are open from sunrise to sunset. For additional information call (201) 567-1265.



Not Just For Kids

Play Tiddlywinks! Tiddlywinks is a game of skill, strategy, and luck played by winkers worldwide. It is played predominantly in the USA, England and Scotland. The hotbeds of winking were historically universities such as Cambridge University and Oxford in England, and MIT and Cornell in the USA. A few years ago it took root at St. Andrews in Scotland. You can read and see "Introductory Blurbs, Rules, Lexicon, History, Publications, Collections, Tournament Statistics and Numerobilia, Winker Photos and Biographies and Legacy and Heritage (the epitome of frivolity)," at www.tiddlywinks.org.



Challenge Your Mind



If you have access to a computer, check out www.puzz.com. The site is filled with puzzles; puzzle contests and adventures; anagrams; IQ Tests; card games; interactive games; and live online math tutoring. The interactive games include tennis; pong; and soccer, indoor or outdoor.

Check It Out

If you are looking for funding, a source is available as close as your local library, or bookstore. The title of the publication is the Fund Raiser's Guide to Human Service Funding. It is an in-depth profile of foundations and corporate giving for recreation and athletics.

The Foundation Center's online librarian Learning Lab has FAQs in the following areas: Fundraising Resources, The Funding Research Process, Proposal Writing, Nonprofit Organizations and Online Fundraising, among others. The site is www.fdncenter.org.



Answers To 2 To 1 Animal Anagrams



1. antelope
2. octopus
3. wombat
4. tarantula-n
5. buffalo
6. wolverine
7. armadillo
8. elephant
9. chameleon-s
10. gorilla
11. alligator-b
12. rattlesnake-b
13. parrot-p
14. ocelot-n
15. gazelle

Access Board Update

A new on-line guide on the Board's Accessibility Guidelines for Play Areas is now available. The Guidelines specify the minimum level of accessibility required in the construction and alteration of play areas covered by the law. The Board issued these requirements as a supplement to its existing ADA Accessibility Guidelines (ADAAG), which originally did not provide any provisions specific to play areas. Since the guidelines are one of the first of their kind in providing a comprehensive set of criteria for accessible play areas, the Board developed this guide to help users understand and follow the guidelines. The guide covers all parts of the play area requirements, including the number of play components required to be accessible, accessible surfacing in play areas, ramp and transfer system access to elevated structures, and access to soft contained play structures.

For e-mail requests for the Guidelines, send your request to pubs@access-board.gov with "play guide A-45" in the subject field.

In May, the Board approved the text of a final rule that will establish new guidelines under the Americans with Disabilities Act (ADA) for a variety of recreation facilities, including amusement rides, boating facilities, fishing piers and platforms, golf courses, miniature golf, sports facilities, swimming pools and spas. These guidelines will supplement the Board's ADA Accessibility Guidelines (ADAAG). The Board is proceeding to complete information, including an explanation of the final version, and an updated cost-benefits analysis, which will be published along with the guidelines. This material will be submitted to the Office of Management and Budget (OMB) for clearance. Once cleared by OMB, which has 90 days for its review, the Board will proceed to publish the final guidelines.

For technical assistance, call the Board (800) 872-2253 (v), (800) 993-2822 (tty).

FYI...

A federal Web site for those of us with disabilities might be of interest to you. www.disAbility.gov has information on a number of subjects; including recreation, health and other things such as reasonable accommodation. Under the recreation icon you will find topics such as health and fitness, parks, sports, and travel.

If you have an interest in high performance custom boats for the physically challenged, check out information from Rick Kornmeier at stormaker@aol.com.

Including People With Disabilities in Camp Programs: A Resource for Camp Directors by Glen Roswal, et al, is available from the American Camping Association. Website is www.ACAcamps.org/bookstore.

The Variety Club Camp and Developmental Center offers weekend retreats throughout the year for youths with physical and developmental disabilities. Each weekend retreat begins between 7 and 8 pm on a Friday evening and concludes between 11:30 am and noon on a Sunday morning. Activities include use of an indoor swimming pool, gymnasium, arts and crafts, computer center and nature trail walks. The dining hall is also used for various activities. Participants are charged \$75.00 per weekend. Siblings and buddies are charged \$40.00 per weekend. For additional information, call the club at (610) 584-4366 or e-mail Djfindley@msn.com.

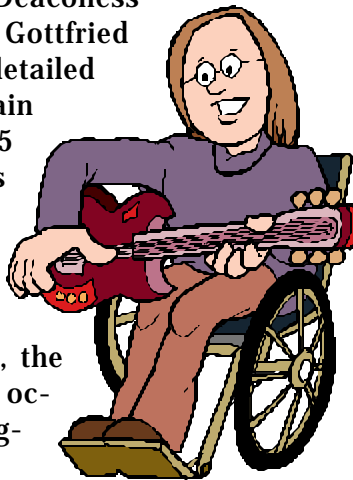
It's All In The Gray Matter

Talk about brain power! Professional musicians who started playing at a young age show marked differences in the structure of their brains from non-musicians, according to a study presented at the American Academy of Neurology's Conference in Philadelphia in May.

Scientists are not sure whether the "musician's brain" exists at birth and draws the person toward their innate musical gifts - or if those endless hours in childhood of practicing scales and performing finger exercises make the brain develop that way.

In a study conducted at the Beth Israel Deaconess Medical Center in Boston, neurologists Gottfried Schlaug and Gaser Christian took highly detailed magnetic resonance imaging, or MRI, brain scans of 15 professional musicians and 15 non-musicians. They found the musicians had significantly more gray matter in parts of the brain that correlate to motor and auditory skills.

The gray matter, on the brain's outer layer, is the "thinking part" of the brain, the area where the processing of information occurs. The more gray matter, the more cognitive and motor facility a person has.



Find It On Line

Electronic Curbcuts for the disabled is an Internet guide by Specialink. A section on Leisure includes Books, Collecting & Hobbies, Culture, Friendship, Games, Libraries, Magazines, Movies, Radio & Television, Newspapers, Pets, and Sports and Travel. There is also the Barrier-Free L.O.E. (little bit of everything). It also includes information on Famous People & Developmental Disabilities, and a section for Seniors. Check it out at www.specialink.com/.

Beyond Sight

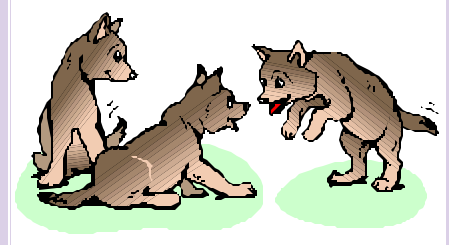
The Paralympics has been the ultimate proving ground for blind athletes from the United States. Lisa Banta, originally from Boonton High School in New Jersey, took home a silver medal for the Discus Throw; and Scott Moore from Denver, CO won a gold medal in Judo.

The future belongs to those who believe in their dreams. - Eleanor Roosevelt

2002 ROID Grantees...continued

North Bergen Twp., Nutley Twp., City of Orange Twp., Passaic City, Paterson City, Plainfield City, Plainsboro Twp., Salem City, South Brunswick, Waldwick Borough, Upper Deerfield, Upper Freehold Twp., Vernon Twp., Vineland City, Voorhees Twp., Waldwick Borough, West Caldwell, West Milford Twp., Wildwood, Willingboro Twp., Woodbridge Town, Woodcliff Lake Borough, and West Orange Twp.

Congratulations to all!



The Wilds of New Jersey

Twenty-four arctic, tundra, and timber wolves make their home at the Lakota Wolf Preserve in Columbia. Visitors view the wolves from an observation center in the middle of the preserve, and learn about the structure of their packs, eating habits, and how they relate to man.

After a visit to the observation center, visitors are given a tour of the fox and bobcat compound, and then invited to use the facilities at Taylor Campground, which includes swimming, hiking trails, and a picnic area. For additional information, call (877) SEE-WOLF. The Great Swamp Outdoor Education Center provides an introduction to the geology and ecology of the area. An accessible boardwalk trail and observation blind are on site. A system of 8½ miles of marked trails extends through the wilderness. Maps are available at the headquarters, as well as checklists of the bird, reptile, amphibian, and mammal species, as well as common wildflowers that have been documented here. The headquarters is in Basking Ridge. For more information, call (973) 425-1222.



Bibliography

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BRIDGES TO ACCESSIBILITY; A PRIMER FOR INCLUDING PERSONS WITH DISABILITIES IN ADVENTURE CURRICULA; Havens, M.; Kendall/Hunt Publishers.

DEVELOPING RECREATION SKILLS IN PERSONS WITH LEARNING DISABILITIES; Peniston, L., Sagamore Publishing.

EXERCISE-PSYCHOLOGICAL ASPECTS OF SPORTS AND LEISURE ACTIVITIES; Eller, D., Goldstein, L.; Prevention, July 97, Vol. 49 Issue 7, p100, 9p.

50 HIKES IN NEW JERSEY; Walks, Hikes, and Backpacking Trips from the Kittatinnies to Cape May; Scofield, B., et al.

MAKING A PLACE FOR KIDS WITH DISABILITIES; Issues, Policy, and Practice; Tedrick, T., (editor); Haworth Publishing.

OLDER ADULTS WITH DEVELOPMENTAL DISABILITIES AND LEISURE; Eller, D., Goldstein, L.; Prevention, July 97, Vol. 49 Issue 7, p100, 9p.

THE MITTEN; A Ukranian Folktale; Brett, J.; Putnam Pub Group-Juvenile.

THE MOUNTAINS OF MY LIFE; Bonatti, W.; Modern Library EXPLORATION.

Two sorts of writers possess genius; those who think and those who cause others to think. - Joseph Roux



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